

The North Bend-Snoqualmie Legionnaire



Renton-Pickering Post 79, 38625 SE S. E. River Road, Snoqualmie, WA 98065

WEBSITE: <https://www.waalpost79.org/>

WHAT'S HAPPENING IN NOVEMBER

- NOV 8 (WED) TAHOMA NATIONAL CEMETERY HONOR GUARD DAY**
- NOV 9 (THURS) MT SI HIGH SCHOOL VETERANS ASSEMBLY**
ASSEMBLY @ 08:35 BREAKFAST @ 09:30
- NOV 9 (THURS) POST MEETING @ 7:00 IN THE POST HALL**
SOCIAL HOUR AFTERWARDS AT THE SNOQUALMIE EAGLES
- NOV 10 (FRI) VETERANS DAY OBSERVED - NOTHING PLANNED**
- NOV 11 (SAT) FLAG CEREMONY AT SNOQUALMIE CASINO @ 10:00 FOLLOWED**
BY COMPLIMENTARY BUFFET FOR ALL VETERANS (NOT SPOUSES)

THE COMMANDER'S MESSAGE FOR VETERANS DAY



Veterans' day is upon us. Each of us should look within ourselves to see what this means to us as individuals and as Americans.

When i first enlisted in the Navy, I never thought of myself as being a Veteran one day; I just wanted to make it through my enlistment, go home again, be safe and arrive in one piece.

I wanted my family to be proud of me, but our Nation was divided on the Vietnam war, which was my war, and our country was not necessarily proud of the warrior who came home from that conflict.

Those that served in World War 2 were called the "greatest generation", but the Korean war was called a "police action" or a "conflict" like so many others...such as the Vietnam War, or the several recent wars in the Middle East. Today, many call us Veterans "heroes". But that label wasn't used during the Vietnam War. it was hard coming home to the demonstrations.

I do not believe we called ourselves or saw ourselves as heroes. We did our duty and we did it to the best of our ability.



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We fought on foreign soil to keep them away from our shores. We fought on the war front while our families took care of the home front. I choose to believe that we all believed that we were doing the right thing, and we did it proudly.

We fought on many different fronts, we controlled the seas, we dominated the air, we stormed the beachheads. We helped the people who could not help themselves. We, as a country, have fought many skirmishes around the world, but the ones that come to mind for me are during the great wars.

I think of Cantigny (France) fought May 28th, 1918, this was the first major American battle and offensive of World War One. This was fought by the US Army First Division, then the most experienced of the five American divisions in France. Then I think of the battle of the Bulge in the Ardennes Forest of Belgium or the Vietnam TET Offensive in January 1968.

We did our duty, in many ways. We fought from the bellies of our ship, from our firing position on a B29, from foxholes, or from under the sea. We did our duty proudly though many times scared. As Veterans we served our country's flag with honor in defending democracy against tyranny. Today we stand together in remembrance of those who came before us, those that stand before us today, and those that will come after us.

We are Sailors, Marines, Solders, Airmen, Coast Guardsmen, and we stand in defense of the principles of our country. *Michael Pollina, Commander, Post 79*



Comrades,
"The year that is drawing towards its close," President Lincoln wrote in 1863 in his proclamation that began the celebration of the Thanksgiving Holiday, *"has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added, which are of so extraordinary a nature, that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever-watchful providence of Almighty God."* It is important to remember that he wrote these opening lines in the midst of hostilities, which Lincoln addressed, adding that despite the war, America was *"rejoicing in the consciousness of augmented strength and vigor, is permitted to expect continuance of years with large increase of freedom."*

November is a month of thanks. Veteran's Day is an opportunity to thank Veterans for their service. Still, Veterans have the unique opportunity to give thanks to God for watching over us. At the same time, we were in harm's way, thanks to our many comrades, known and unknown to us, before us, with us, and after us, who served in the preservation of our great nation and the liberty and freedoms we have that make this holiday season so special. As we gather around tables laden with bountiful feasts, our hearts brimming with gratitude for the blessings in our lives, let us remember those who are facing difficult times, and seek ways to include them in our observation of Thanksgiving. Remember, also, those deployed abroad, possibly separated from their families, facing a world that seems all too willing to rob as much peace as possible.



As we head into November, let us remember our Veterans and give thanks to God for his many blessings, striving to, as Lincoln did before us, not focus on that which would bring us down, but the many blessings we continue to enjoy in our great nation, and in our individual lives.

***Onward and Upward
 Chaplain Jim, Post 79***

HONORING THOSE WHO SERVED

The **Snoqualmie Valley Veterans Honor Guard** - American Legion Post 79 is an Accredited Authorized Partner of the Department of Defense providing Military Funeral Honors at Tahoma National Cemetery partnered with **VFW 2995 Honor Guard** as the Eastside Veterans Honor Guard.



Honoring Those Who Served

The rendering of Military Funeral Honors is a way to show the Nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country. This ceremonial paying of respect is the final demonstration a grateful Nation can provide to its veterans' families. In order to support this mission, Congress has provided for the Authorized Provider Partnership Program (AP3). As authorized by law, AP3 allows members of veterans' and other organizations to participate with the Armed Forces in providing Military Funeral Honors at both VA and private cemeteries.

Eastside Veterans Honor Guard (Oct 11th) provided Full Military Honors at Tahoma National Cemetery for three Veterans, including a Navy Commander (Retired) with service in WW 2, Korea, and Vietnam, a US Army SFC (Ret) with service in Vietnam, and a USMC Corporal with Vietnam service. We have had 48 burial services this year so far at Tahoma National Cemetery, including one for a Post Life Member.



Scenes from our services in October at Tahoma National Cemetery: Left to right - the Bugler Berry Edward and the Firing Detail with Brent Wilde (VFW 2995), Alan Brown (AL 79) and Jeff Starkey (VFW 2995). Post 79 Chaplain Michael Pollina addressing the Next of Kin after the Flag Presentation. WA Army National Guard NCO retiring the Urn after Military Honors. The USMC Honor Guard from Joint Base Lewis McChord with Honor Guard Commander Art Farash and Chaplain Michael Pollina saluting the arriving hearse at the Shelter.

Our Honor Guard is always looking for new members. No experience is required. The only commitment is for one day each month on the 2nd Wednesday at Tahoma National Cemetery.

Upon the family's request, **Public Law 106-65** requires that every eligible Veteran receive a military funeral honors ceremony, to include folding and presenting the United States burial flag and the playing of Taps. The law defines a military funeral honors detail as consisting of two or more uniformed military persons, with at least one being a member of the Veteran's parent service of the armed forces.

SNOQUALMIE CASINO INVITES ALL VETERANS

Post 79 and the Snoqualmie Valley Veterans Honor Guard extend this invitation from the Snoqualmie Casino to join with the Snoqualmie Tribe and the local Community in honoring all our Veterans on Veterans Day Saturday Nov 11th at the Casino where a Flag Raising Ceremony will be held. Taps will be played by the Post 79 Bugler followed by To The Colors when the Flag is raised to Full Staff. We ask all our Members to participate wearing your Legion Caps or Military Uniforms. Starts at 10:00 am followed by the free buffet at 11:00am.

11
NOV



10
AM



VETERANS DAY



Flag Raising



HONORING ALL WHO SERVED

Veterans are invited to enjoy a free meal at Falls Buffet
11 AM to 10 PM on 11/11/23

SNOQUALMIE
CASINO

THE ROOF IS FIXED



After a long delay we finally got the roof last installed in 2008 replaced at the Post last month. This was badly needed due to leakage and water damage and we should now have a roof for a long time to come. When the lease with the Shelter expires in February 2024 we will be looking at alternate uses for the building.

NORTH BEND MEMORIAL



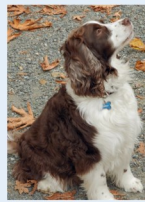
The votes are in from a recent poll taken on *Nextdoor Neighbors* asking how many of our Neighbors know about our North Bend Veterans Memorial. 142 votes were submitted with these results which are no surprise!

61% NO I DO NOT KNOW
 24% YES I KNOW
 15% YES AND I HAVE VISITED IT

Looks like we have to do a better job making our Memorial in North Bend better known to the Community!

The North Bend - Snoqualmie Legionnaire is the newsletter of American Legion Post 79, Department of Washington and is published each month for the information of the Membership, other Veterans Organizations, and the General Public. Please share with your friends and fellow Veterans. Any and all comments, articles and photos are welcome. Please contact the Publisher Art at artfarash@gmail.com

Thank you for reading this newsletter!



Pearly-Girl's—
 Commonsense Success Formula:
 Quality Thinking + Healthy Emotionality
 + Disciplined Behavior = SUCCESS

Commonsense tips for improving these three components:

1. Quality Thinking:

- Read and learn more than others.
- Hang around other quality thinkers.
- View opposites as just two different sides of the same coin.
- Stretch your thinking by seeing past what you are looking at.
- Look for silver linings in negative events

2. Healthy Emotionality:

- Manage your ego and moods.
- Take a genuine interest in others.
- Be appreciative.
- Strive to be optimistic, trusting, homeful, and positive.
- Develop a likeable personality and communicate that way.

3. Disciplined Behavior:

- Cooperate and collaborate more than competing.
- Do no harm, only good.
- Set goals, plan, stay focused, persevere, and follow-through.
- Leave situations in better shape than you found them.
- Embrace virtuous behavior, especially when it's easier not to.



Words of wisdom from the Doctor - Bill Cottringer who was recently appointed as District 11 Judge Advocate. Thanks for stepping up to this important position at District 11

FLAG RETIREMENT CENTER

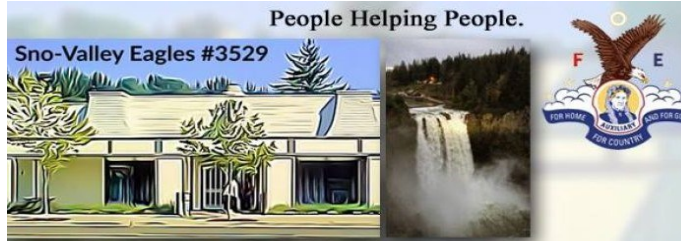


Seen at Ace Hardware in North Bend - thank you for doing this and also for extending a 10% discount to Veterans!

MEET OUR COMMUNITY PARTNERS AND SPONSORS

FLINTOFT'S
 Funeral Home and Crematory
 Family owned and operated since 1938

**HONORING THOSE WHO
 SERVED AT TAHOMA
 NATIONAL CEMETERY**



**OUR GATHERING PLACE AFTER MEETINGS AND
 FOR SUPPORTING COMMUNITY VETERANS**



**REHAB FOR MILITARY
 FAMILIES**



**10% DISCOUNT EVERY DAY
 FOR VETERANS WITH ID**



**PROUDLY SPONSORED
 BY POST 79**



**EAT - DRINK - GATHER
 POST 79
 LEGIONNAIRE OWNED
 RESTAURANT ON
 CEDAR FALLS ROAD**

**IF YOU KNOW ANY OTHER
 VETERAN OWNED BUSINESSES
 IN THE VALLEY PLEASE LET US
 KNOW AND WE WILL GLADLY
 LIST THEM HERE.**



**THANK YOU SNOQUALMIE
 TRIBE FOR SUPPORTING OUR
 POST AND ITS HONOR GUARD
 BY PROVIDING THE VETERANS
 COURTESY VEHICLE**



**THIS SPACE AVAILABLE FOR
 ANY LOCAL BUSINESSES
 THAT SUPPORT AMERICAN
 LEGION POST 79**

